

# FINALLY MAKE IT HAPPEN

✓ *Get*  
**STARTED**

✓ *Keep*  
**GOING**

✓ *Get It*  
**DONE!**

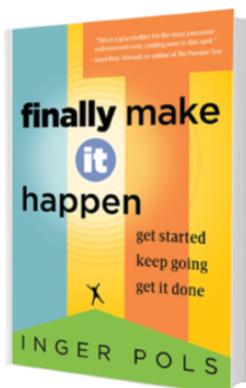


**Inger Pols** graduated from Yale University, received an M.B.A. from Columbia Business School, and worked as a successful Marketing Executive. Then her life changed direction when she adopted a four-year-old boy from Kazakhstan and a year later, a three-year-old girl from Siberia. In order to learn everything she could to help them make up for their challenging start (her four-year-old was the size of an 18-month-old when he came home, undernourished and constantly sick), Inger went back to school to study nutrition and dietary theory.

After banishing her son's allergies, migraines and annual bouts with bronchitis, people began to ask Inger why her kids never got sore throats and rarely missed school. Inger shares her learnings as Editor of the New England Health Advisory, and her children are now happy, healthy, vibrant teenagers.

Inger's readers and clients struggled to make lasting change, even when motivation was strong, and as a single Mom with a big dream, Inger felt stuck herself. In order to break free and to help her clients succeed, Inger discovered the secrets of change and uncovered proven techniques to overcome the 5 reasons people fail to get started, keep going, and get it done. Now everyone can Finally Make It Happen.

Have you ever struggled trying to make a change or get something done? Whether it's a goal, a dream or a lingering to-do list, most of us have something we want to do, or know we should do, but just can't seem to make happen. That's because we are going about it all wrong; it's time to learn the right way to make lasting change and Finally Make It Happen. What's your "it"?



*"Great job on the show today Inger."  
 ~Bert Martinez, host of 'Money for Lunch'  
 Radio Show.*

*"You did a great show...you are welcome  
 back anytime."  
 ~Tracy O'Brien, host of "Making It" on  
 HealthyLife.netradio*

*"So frickin' POWERFUL!"  
 ~Bob Doyle (from "The Secret") and Lynn  
 Rose (singer/entertainer).*

- ***The Five Secrets of Change -- The Real Reasons You Are Stuck (and How to Overcome Them)***
- ***The Five Reasons You Fail and How to Finally Succeed***
- ***Tempted? 5 Willpower Weapons to Banish Temptation Forever***
- ***The Quantum Leap Deception -- Why Big Leaps Don't Lead to Lasting Change and What Really Does***
- ***The Goal Hoax -- Why Setting Goals Can Lead to Failure and How to Finally Succeed (in the workplace or in life)***
- ***The Habit Myth: It Doesn't Take 21 Days to Make a New Habit. Habit Helpers To Get You There Fast!***
- ***How The Self-Help Industry Tricked You into Getting Stuck and Five Secrets to Finally Breaking Free***
- ***Turn "I Can't" Into "I Did It!" in 3 Easy Steps***
- ***Why Cholesterol Is Good And The One Test That Can Save Your Life***
- ***Diagnosing Dyslexia -- Why Your School Doesn't Care***